

# Tip #10

## Simple Pleasures: *Preferences and Choices*



**Learn how to honor each person's "Simple Pleasures."** Simple Pleasures are "those things that make our day a little better and without them our day wouldn't be as good" (from the Eden Alternative Certified Eden Associate Training). These "little things" really make a BIG difference in our lives.

**Personal preference is important in almost every aspect of our lives.** Rituals and preferences develop over a lifetime of experiences. Even seemingly simple choices become part of our identity. If you try to serve a cup of herb tea to a coffee lover you may see how important one small choice can be.

**Honor all of a resident's attempts to communicate choice, whether verbal or physical.** Your residents bring their preferences with them. As they attempt to create a new home in your community, remember that personal choice is important at every age, even when a person's abilities change due to illness or memory loss. Do all you can to explore and discover the person's past rituals.

**Choice is more than having multiple options.** Ensure that true choice exists for residents. All staff should cultivate an attitude of trust, to allow residents freedom to make decisions. Listen to and respect a resident's wishes enough to make sure their choices are put into practice.

### Action Steps:

1. Please post this flyer for all staff to read!
2. Work with case managers or social workers to ensure that information obtained from a social history is shared with all direct care staff.
3. Enlist family and friends as valued members of the care team.
4. Check out the *Know Me Form*, (and other resources) available on the Advancing Excellence website at [www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#tab4](http://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#tab4).
5. Begin exploring "Simple Pleasures" of your residents and team, then follow through and honor one another's "Simple Pleasures."

### For more information and training:

- To find out more about the Advancing Excellence Person-Centered Care Goal, go to: [www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#](http://www.nhqualitycampaign.org/goalDetail.aspx?g=PCC#).
- For information on how to conduct a Learning Circle, go to: [actionpact.com/assets/cache/learning-circle.pdf](http://actionpact.com/assets/cache/learning-circle.pdf).
- For more information and education on Person-Centered Care in Missouri, go to the MC5 website at: [www.momc5.com](http://www.momc5.com).
- For more information about Person-Centered Care and training across the country, go to the Pioneer Network website at: [www.pioneernetwork.net](http://www.pioneernetwork.net).